

The background features abstract, flowing waves in shades of red, orange, and yellow, creating a dynamic and energetic feel. The waves are layered and semi-transparent, giving a sense of depth and movement.

THE PSYCHOANALYTIC THEORY OF CONFLICTS

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CONFLICTS

- **What do we mean when we say 'conflict'?**
- **Psychoanalytic definition of neurotic conflict**
- **What type of conflict?**
- **Distinction between problems and conflicts**

CONFLICTS

- **How many parts to the conflict can be described?**
- **Elements involved: affects, instincts, longings etc on one side and defences on the other**
- **Which 'conflicts' are accessible to our psycho-analytic armamentarium?**
- **How does the magnitude of the forces in conflict affects the conflict?
Describe.**

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CONFLICTS

- **Not all conflicts lead to illness (Ex.Dev conflicts)**
- **Some may promote development (Dev conflicts)**
- **A sudden increase in the aggressive or libidinal drives, or a decrease and enfeeblement of the ego may cause the emergence of a latent neurosis**



CONFLICTS

- **In the 1890's the scientific opinion was that neuroses resulted from "heredity and degeneration"**
- **Freud instead postulated that neuroses were the result of mental forces in conflict**
- **These conflicts were resolved by the formation of symptoms (compromise formations)**



CONFLICTS

- **Hysterical symptoms as compromise formations (both tendencies represented simultaneously)**
- **Obsessional symptoms: one tendency comes first followed by a second one (undoing the first)**
- **In perversions there is no objection on the ego side. Perversions are ego syntonic**



CONFLICTS

- **Freud described how conflicts are to start with external authority (External Conflicts)**
- **During development these external conflicts become internalized (Internalized Conflicts)**
- **Internal conflicts are related to contradictions in human nature. Passive-active, love-hate, and bisexuality for example.**



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CONFLICTS

- **There are many types of conflicts observable in mental life.**
- **Some are found at the basis of certain neurotic, or other types of disturbances.**
- **In other cases they are part of normal mental processes or relate to developmental stages (Developmental Conflicts examples)**

CONFLICTS

Thus conflicts can take place among the three mental agencies as well as the external world:

- a) Id-Ego conflicts (self preservative instincts)**
- b) Id- Ego/Superego conflicts (produce guilt)**
- c) Ego-ego ideals conflicts (produce shame)**
- d) Between opposite ego ideals which is the case of the war neurosis
(peace and war ideals)**
- e) Similar mechanisms in the traumatic neurosis**

CONFLICTS

Conflicts can be described as :

1) Inter-systemic:

-between id, ego and superego

CONFLICTS

2) Intra-systemic:

-due to the existence of some contradictory tendencies and instinctual pairs of opposites:

a) Love and hate

b) activity/passivity polarity.

c) bisexuality (homo versus hetero-sexuality)

d) Ambivalence

Later on, conflicts were described as between the Life and the Death instincts



CONFLICTS

Thus, the following were indications of the aggressive or destructive instinct:

- **the masochism inherent in so many people**
- **the negative therapeutic reaction**
- **the neurotic sense of guilt**

CONFLICTS

- **Conflicts were formulated as well on the basis of the instinctual forces involved**
- **Such formulations changed with the changes in the conceptualization of the instinct theory:**
 - **First: between sexual and ego instincts***
 - **Second: between the libidinal ego instincts and the libidinal object instincts (self-object)**
 - **Third: between the life and death instincts**



CONFLICTS

Similarly when the Topographical Theory changed to the Structural Theory*:

- **Contrast no longer between the conscious and unconscious**
- **Now between the coherent ego and the repressed split off from it**

CONFLICTS

How can we influence conflicts:

- 1) Can conflicts be solved finally and for all time?*
- 2) Can we inoculate patients against conflicts in the future?
- 3) Can we activate sleeping conflicts and is it wise to do so?

CONFLICTS

Conflicts looked at developmentally:

- 1) Developmental interferences
- 2) Developmental conflicts
(Differences and similarities of 1 & 2)
- 3) Neurotic conflicts
- 4) The Infantile neurosis
- 5) The Adult neurosis